

## Onslow Belmont Fire Brigade News

By Clair Peers  
(OBFB Correspondent)

The Onslow Belmont Fire Brigade is now entering the second half of a decade of providing protection to the Communities it serves. The past year has been a busy one with the many events associated with the 50th anniversary celebrations. Chief Greg Muise and members wish to thank those of you in the community who attended, supported and helped to make the 50th for OBFB a success.

Two new members were welcomed at the last monthly meeting. They are Rhonda Wallace from Central Onslow & Stephen Aucoin, Oakland Drive, Lower Onslow. A certificate of appreciation from MLA Karen Casey was received, in recognition of OBFB winning first prize in our category at the Christmas Parade in Truro.

We have attended 30 calls up until the end of January since our year-end cut off in mid December. Those calls comprised mostly medical, motor vehicle, a few mutual aid, flue fires and 1 structure fire causing considerable smoke and water damage.

Since we are on the subject, it is perhaps a good time to remind everyone to double check your pipes and flues, particularly if you have been burning wood all winter. This is the time when they tend to get built up if they have not been cleaned.

For those of you who don't have an appropriate 911 sign, please take a moment and make a call to have one installed. These signs are what AMBULANCE, POLICE and FIREFIGHTERS look for if called to your house. They are easy to locate because we

always install them in the same place at the end of a driveway if possible. They also are luminous at night unlike a lot of the old numbers which may be somewhere on your house, over a door, under a verandah etc, if you want a sign. We have also been able to keep the costs the same for the last 10 years. The \$25.00 barely covers our cost, so this is a good deal

A Fireplace or any wood burning devise becomes dangerous when accumulated tar or creosote catches fire or

from uncontrolled burning or over-fuelling. Other causes of fireplace-related fires are sub-standard design or installation and lack of safety precautions.

Here are a few tips: Open the damper before lighting the fire, and keep it open until the ashes are cool enough to touch; Ensure the fire is completely out before going to bed or leaving the house; Do not store combustible materials such as paper or wood too close to the fireplace; Use a screen in front of the fireplace opening to protect chil-

dren and to prevent embers from escaping and igniting carpets, etc., Never leave children alone near a fireplace; Use dry, well-seasoned wood in small amounts; Have chimneys cleaned and serviced at regular intervals by a professional; Never overload your fireplace; Never use charcoal starter fluids, gasoline or any flammable substance to start fires; When using artificial logs, burn only one at a time and follow instructions on the wrapping.

Always place the ashes in a metal container and take them outside the house.



On February 7th Rafes' Construction workers were installing the rib shaped framework for the new kiosk at the Age of Sail Museum. (O'Byrne Photo)

## Age Of Sail Almost Closed In

By Oralee O'Byrne

Milder than normal winter weather has allowed construction of the kiosk at the Age of Sail Museum to continue. By February 15th the framework for the walls was up and most of the new kiosk was closed in.

The lower level basement and floor was constructed last fall. Rafes Construction, Parrsboro, general contractor for the project anticipates

with the milder weather continuing they will be able to complete ahead of schedule for opening at the start of the 2012 tourism season.

Additional exhibit area, research, archive and meeting space will be features of the new building. The new wharf is also scheduled for completion prior to the start of the summer season. The museum society continues its fundraising and founder's tree initiatives.



Most of the rib shaped wall viewable from the highway at the Age of Sail Museum had been closed in by February 15th. (O'Byrne Photo)

## 70% Now Considered Overweight or Obese

By Chris Urquhart

Workplace obesity is costing employers literally billions of dollars every year - and the costs will continue to soar as the workplace ages ... and poor health habits drive up obesity rates even in younger employees.

Startling fact: nearly 70% of the population is now considered overweight or obese ... and studies show that high rates of obesity, or BMI (Body Mass Index), are directly related to: Higher absentee rates, higher rates of workplace accidents and injuries, higher worker's compensation costs and higher rates of chronic disease and related health care expenses.

To combat this we need to exercise more. But...how should we exercise? First, designate an easy starting day. If you are starting a fitness program don't get carried away. Working out too intensely or too often boosts your chances of injury and burnout. Remember to alternate hard workouts with easier ones.

Plan time between sessions for your body to rest and recover. Starting out with a short walk three times a week working up to walking every

day is one way to do this. Another is to do a recommended set of exercises to music in the privacy of your home. For others, joining a gym works and there are usually specialists there who can help you plan a safe exercise program.

Obesity is a big problem in our society today. We need to take charge of this before it spreads more and more into our children and grandchildren. Start today! Give up "being a couch potato" for lent!! Your body will thank you.

Spread the news  
of your Community

## 911 CIVIC ADDRESS PROGRAM

In an effort to provide visible signage of civic address's for emergency response units we are continuing with the O.B.F.B. 911 Civic address program. The signs include the civic address assigned to your home. They are located at the end of the driveways in a clearly visible location so they can be easily seen. The civic numbers are the numbers that the Fire Brigade, Police & Ambulance look for when called to your home, so they are very important. If you wish to purchase one please clip this application and bring or mail it to the fire hall or call 897-6025.

The cost of the signs is \$25.00 installed

Cheques should be made payable to Onslow - Belmont Fire Brigade, Civic Numbers

### Civic Sign Application

Send your order to: Walter McElhinney, 19 Cutten Lane, Central Onslow, N.S. B6L 5B7  
or Phone 897 - 6025

Name: \_\_\_\_\_

Street: \_\_\_\_\_

Civic Number: \_\_\_\_\_ Number of signs needed: \_\_\_\_\_

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